

NUTRITION AWARENESS NEWSLETTER

MNPS Nutrition Services Department offers free snacks during TCAP/EOC Testing

THE NUTRITION SERVICES DEPARTMENT WILL PROVIDE FREE SNACKS TO STUDENTS TAKING STANDARDIZED TESTS BETWEEN APRIL 16–MAY 4, 2018. WE KNOW THAT YOU CANNOT TEACH A HUNGRY CHILD AND STUDENTS PERFORM BETTER ACADEMICALLY WHEN PROPERLY NOURISHED.

DURING THE WEEKS OF APRIL 16–MAY 4, 2018 MID-MORNING SNACKS WILL BE AVAILABLE AT NO COST TO ALL STUDENTS ON TESTING DAYS. WE WILL ONLY SERVE THE SNACK ITEMS LISTED ON THE REQUEST FORM. SNACKS WILL BE PACKAGED BY CLASS FOR PICK-UP FROM THE CAFÉ AND CAN BE EATEN IN THE CLASSROOM.

TO PARTICIPATE, TEACHERS REQUESTING SNACKS WILL BE REQUIRED TO COMPLETE AN ORDER FORM AND RETURN IT TO THE CAFÉ MANAGER BY THURSDAY, MARCH 29TH.

THIS WILL ALLOW THE CAFÉ MANAGER TIME TO ORDER THE REQUESTED FOOD ITEMS.

WHY IS SCHOOL BREAKFAST SO IMPORTANT?

Students who eat school breakfast are more likely to:

- Maintain a healthy weight
- Have better concentration and memory
- Be more alert
- Reach higher levels of achievement in reading, math, and standardized tests
- Have a more balanced diet

Eating school breakfast is associated with:

- Lower rates of absenteeism and tardiness
- Fewer behavioral problems
- Reduced number of nurse's office visits
- Positive learning environment

In Addition:

- School breakfast can decrease the risk of food insecurity
- Protective against childhood obesity and other negative health outcomes
- Reduces students' stress and anxiety



TCAP/EOC TESTING DAYS SNACK REQUEST FORM

METRO– NASHVILLE PUBLIC SCHOOLS

NUTRITION SERVICES DEPARTMENT

(PLEASE PRINT)

School Name _____

Grade Level _____

Number of Snacks _____

Pick-up Time _____

Teacher Signature _____

Select your choice of snack and specify the date and weekday needed.

*****You may only choose from the foods below!*****

SNACK ITEMS	NEED DATE & WEEKDAY
Cheese Stick (1 ea) & Saltine Crackers (4 pkg)	
Graham Cookies (1 pkg)	
Blueberry Muffin (1 ea)	
Pretzels (1 pkg)	
Granola Bar (1 ea)	
Fresh Apple (1 ea)	

TCAP/EOC Testing Snack Request Forms must be submitted to the Café Manager no later than Thursday, March 29, 2018.



Do you have field trips and field day activities planned? Let your school café provide the entire class with a nutritious sack lunch! Our sack lunches offer students a complete meal that is easy to pack and travel with. Choose from the four sack lunch options listed below.

Travel Destination _____

Travel Date _____

Number of requested lunches _____

Pick-Up Time _____

Teacher Signature _____

*****Circle the menu option of your choice.*****

Sack Lunch Options

Option 1

Turkey & Cheese Sandwich

Fresh Carrot & Celery Sticks

Fruit Cup or Fresh Fruit

Milk

Option 2

Peanut Butter/Soy Butter Sandwich

Fresh Carrot & Celery Sticks

Fruit Cup or Fresh Fruit

Milk

Option 3

Turkey Ham & Cheese Sandwich

Fresh Carrot & Celery Sticks

Fruit Cup or Fresh Fruit

Milk

Option 4

Sub Sandwich

Fresh Carrot & Celery Sticks

Fruit Cup or Fresh Fruit

Milk